









LOVE YOUR BODY WEEKLY.

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
	BOOT CAMP 6.30-7.30 7.30-8.30 19.00-20.00	BOOT CAMP 18.00-19.00		BOOT CAMP 18.00-19.00 20.00-21.00	
	H.I.I.T PILATES 17.00-18.00			H.I.I.T PILATES 17.00-18.00	
			CIRCUIT TRAINING 18.15-19.00		SATURDAY CIRCUIT TRAINING 9.15-10.00
		FUNCTIONAL CARDIO 19.00-20.00 20.00-21.00		FUNCTIONAL CARDIO 6.30-7.30 7.30-8.30	
	TRX EQUALIZER 19.00-20.00			TRX EQUALIZER 19.00-20.00	
	BODY-WEIGHT CARDIO 18.00-19.00	BODY-WEIGHT CARDIO 6.30-7.30 7.30-8.30			FRIDAY BODY-WEIGHT CARDIO 17.30-18.30
	STRENGTH TRAINING 18.00-19.00 20.00-21.00	STRENGTH TRAINING 19.00-20.00 20.00-21.00	STRENGTH TRAINING 7.15-8.15 19.00-20.00	STRENGTH TRAINING 19.00-20.00	STRENGTH TRAINING 7.15-8.15 18.30-19.30
	THE TRAINER 06.00-11.00 17.00-18.00	THE TRAINER 06.00-11.00 16.00-18.00	THE TRAINER 06.00-10.00 18.00-21.00	THE TRAINER 06.00-11.00 16.00-18.00	FRIDAY THE TRAINER 06.00-10.00 17.30-19.30
				SATURDAY THE TRAINER 8.00-11.00	SATURDAY STRENGTH TRAINING 10.00-11.00

Schedule Subject to change. No minimum attendance for any of the classes. Maximum attendance depends on class availability.